

Fairwood

OFFICIAL NEWSLETTER OF THE FAIRWOOD HOMEOWNER'S ASSOCIATION

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SEEKING THE RIGHT FIT?

Cheryl Campbell will share hiring tips and time-savers at CYFEN's Feb. 28 meeting. Learn how to find qualified candidates when "Seeking the Right Fit" of staff for your business at the Cy-Fair Express Network (CYFEN) luncheon Feb. 28. This month's speaker, Cheryl Campbell, president and owner of TPI Staffing, Inc., will help business owners with tips on hiring staff as well as how to utilize a staffing company to simplify life and save time in the selection process to find qualified candidates.

Serving the staffing industry for 25 years and an advocate of women-owned businesses and women's education, Campbell has been the recipient to many recognitions, including Top 50 Woman-Owned Texas firms. All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Bring business cards for networking. The meeting cost is \$25 with advanced

reservations made by the Thursday prior to the meeting and \$30 at the door. For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.

ABOUT CYFEN

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT ABWA

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



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The 24 Minute Documentary Premiere

Cypress United Methodist Church
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SEND US YOUR *Event Pictures!!*

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CRIME PREVENTION FOR YOUR HOME

Doors & Windows

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used if there is glass within 40 inches of the lock. If using such a lock, be certain a key is readily available in case of emergency. In all cases, use a heavy duty strike plate with Number 12 gauge 3" woodscrews.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

Exterior & Landscape

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can assist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find your home quickly.

Alarm Systems

- Choose a reputable, well established company.
- Learn how to use your alarm system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with a timer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD

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Originally reviewed by: Michael H. Goodman, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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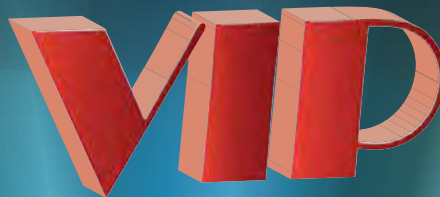
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